

Full Report (All Nutrients) 45007090, GOYA, FIESTA RICE WITH WILD RICE & VEGETABLES, UPC: 041331026598

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Report Date: June 04, 2017 02:45 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer GOYA FOODS, INC.

Nutrient	Unit	Data points	Std. Error	0.25 cup 45g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	160	356
Protein	g	--	--	4.00	8.89
Total lipid (fat)	g	--	--	0.00	0.00
Carbohydrate, by difference	g	--	--	35.00	77.78
Fiber, total dietary	g	--	--	2.0	4.4
Sugars, total	g	--	--	1.00	2.22
Minerals					
Calcium, Ca	mg	--	--	40	89
Iron, Fe	mg	--	--	1.44	3.20
Sodium, Na	mg	--	--	500	1111
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids

Other

Ingredients

LONG GRAIN PARBOILED RICE ENRICHED WITH IRON (FERRIC ORTHOPHOSPHATE), NIACIN, THIAMINE (THIAMINE MONONITRATE) AND FOLIC ACID, WILD RICE, CHICKEN AND VEGETABLE BROTH TYPE FLAVOR (HYDROLIZED SOY AND CORN PROTEIN, SALT, AUTOLYZED YEAST EXTRACT, MONOSODIUM GLUTAMATE, MALTODEXTRIN, PARTIALLY HYDROGENATED COTTON

SEED AND SOYBEAN OILS, SUGAR, ONION POWDER, THIAMINE HYDROCHLORIDE [VITAMIN B 1], NATURAL FLAVOR [CONTAINS CELERY], SPICES INCLUDING TURMERIC, DISODIUM INOSINATE, DISODIUM GUANYLATE), GARLIC, DEHYDRATED GREEN PEAS, SALT, DEHYDRATED ONIONS, DEHYDRATED CORN, DEHYDRATED CARROTS, DEHYDRATED RED PEPPERS, DEHYDRATED MUSHROOMS, OREGANO, DEHYDRATED PARSLEY FLAKES, GROUND CUMIN, SILICON DIOXIDE (TO PREVENT CAKING). *Date Last Updated by Company: 09/21/2014*